

| KW 34   | Montag                                                                                                                                                                                                                                                               | Dienstag                                                                                                                                                                                                                                                                                                                                                                                 | Mittwoch                                                                                                                                                                                                                                                              | Donnerstag                                                                                                                                                                                                                                                            | Freitag                                                                                                                                                                                                                                                  |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Menü A  | <p><b>Pasta (200 g.)</b> a a1<br/>N: 364.46 kcal F: 5.13 g GF: 1.39 g C: 64.34 g Z: 0.81 g P: 14.25 g S: 0.34 g B: 5.36 BE</p> <p><b>Grüne Gemüse-Sauce (120 g.)</b> g<br/>N: 58.79 kcal F: 1.79 g GF: 1.12 g C: 7.33 g Z: 3.00 g P: 3.18 g S: 0.05 g B: 0.61 BE</p> | <p><b>1 Hähnchenschnitzel</b> a a1<br/>N: 184.14 kcal F: 6.50 g GF: 0.80 g C: 13.00 g Z: 1.50 g P: 18.00 g S: 1.30 g B: 1.08 BE</p> <p><b>Kartoffeln (200 g.)</b><br/>N: 73.32 kcal F: 0.01 g GF: 0.00 g C: 15.62 g Z: 0.70 g P: 1.94 g S: 0.01 g B: 1.30 BE</p> <p><b>Braune Sauce</b> i<br/>N: 16.30 kcal F: 0.15 g GF: 0.04 g C: 2.67 g Z: 2.44 g P: 0.80 g S: 0.06 g B: 58.50 BE</p> | <p><b>Gnocchi</b> a a1<br/>N: 158.82 kcal F: 0.30 g GF: 0.20 g C: 35.00 g Z: 3.30 g P: 2.60 g S: 1.50 g B: 2.92 BE</p> <p><b>Tomatensauce</b><br/>N: 45.46 kcal F: 0.16 g GF: 0.04 g C: 7.91 g Z: 7.61 g P: 2.59 g S: 0.32 g B: 39.51 BE</p>                          | <p><b>Bunte Gemüsepfanne (140 g)</b> g<br/>N: 26.66 kcal F: 0.37 g GF: 0.15 g C: 3.65 g Z: 3.36 g P: 2.07 g S: 0.07 g B: 0.29 BE</p> <p><b>Kartoffelbrei (220 g)</b> g<br/>N: 85.26 kcal F: 2.59 g GF: 1.68 g C: 12.86 g Z: 1.43 g P: 2.15 g S: 0.02 g B: 1.07 BE</p> | <p><b>Schwedische Sommersuppe mit Lachs, Kartoffeln, Lauch und Dill (280 g.)</b> g d<br/>N: 72.63 kcal F: 3.98 g GF: 1.99 g C: 4.06 g Z: 0.76 g P: 5.06 g S: 0.05 g B: 0.34 BE</p>                                                                       |
|         |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                    |                                                                                                                                                                                    |                                                                                                                                                                       |
|         |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                          |
| Menü B  | <p><b>Pasta (200 g.)</b> a a1<br/>N: 364.46 kcal F: 5.13 g GF: 1.39 g C: 64.34 g Z: 0.81 g P: 14.25 g S: 0.34 g B: 5.36 BE</p> <p><b>Champignonsauce</b> g<br/>N: 43.34 kcal F: 1.43 g GF: 0.89 g C: 3.88 g Z: 2.73 g P: 3.72 g S: 0.06 g B: 0.31 BE</p>             | <p><b>Chinakohl und Möhren in Tomaten-Sahne-Sauce</b> g<br/>N: 41.26 kcal F: 1.85 g GF: 1.13 g C: 4.23 g Z: 3.92 g P: 1.44 g S: 0.04 g B: 83.60 BE</p> <p><b>Bulgur (120 g.)</b> a a1<br/>N: 342.01 kcal F: 1.30 g GF: 0.00 g C: 66.80 g Z: 0.40 g P: 10.60 g S: 0.01 g B: 5.57 BE</p>                                                                                                   | <p><b>Schwarzwurzel-Kartoffelcremesuppe</b> g<br/>N: 42.39 kcal F: 1.46 g GF: 0.92 g C: 5.46 g Z: 1.88 g P: 1.64 g S: 0.03 g B: 0.45 BE</p> <p><b>Croutons</b> a a1<br/>N: 454.98 kcal F: 17.90 g GF: 9.20 g C: 60.50 g Z: 4.10 g P: 11.10 g S: 2.50 g B: 5.04 BE</p> | <p><b>Nasi Goreng</b><br/>N: 186.05 kcal F: 0.40 g GF: 0.08 g C: 40.45 g Z: 1.49 g P: 4.47 g S: 0.08 g B: 3.37 BE</p> <p><b>Joghurt dip (100 g)</b> g<br/>N: 47.81 kcal F: 1.50 g GF: 1.10 g C: 4.51 g Z: 4.51 g P: 4.10 g S: 0.10 g B: 0.38 BE</p>                   | <p><b>1 Germknödel</b> c g a a1<br/>N: 252.21 kcal F: 2.20 g GF: 0.90 g C: 48.70 g Z: 12.60 g P: 7.00 g S: 0.50 g B: 4.06 BE</p> <p><b>Vanillesauce</b> g<br/>N: 76.60 kcal F: 1.40 g GF: 0.92 g C: 12.57 g Z: 8.74 g P: 3.23 g S: 0.12 g B: 1.05 BE</p> |
|         |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                    |                                                                                                                                                                                    |                                                                                                                                                                       |
|         |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                          |
| Dessert | <p><b>Kräuter Petersilie</b><br/>N: 52.30 kcal F: 0.36 g GF: 0.04 g C: 7.38 g Z: 0.85 g P: 4.43 g S: 0.09 g B: 0.62 BE</p>                                                                                                                                           | <p><b>Gemüsekorb ( 50 g )</b> ∇ ∞<br/>N: 17.43 kcal F: 0.21 g GF: 0.04 g C: 2.60 g Z: 2.52 g P: 0.95 g S: 0.01 g B: 0.22 BE</p>                                                                                                                                                                                                                                                          | <p><b>Gemischter Salat</b><br/>N: 16.88 kcal F: 0.24 g GF: 0.04 g C: 2.32 g Z: 1.77 g P: 1.08 g S: 0.03 g B: 0.19 BE</p> <p><b>Dressing Essig/Öl</b> j<br/>N: 408.00 kcal F: 40.63 g GF: 3.69 g C: 10.36 g Z: 10.23 g P: 0.65 g S: 0.30 g B: 0.86 BE</p>              | <p><b>Obst ( 50 g )</b> ∇ ∞<br/>N: 60.90 kcal F: 0.05 g GF: 0.02 g C: 14.35 g Z: 13.16 g P: 0.34 g S: 0.00 g B: 1.20 BE</p>                                                                                                                                           | <p><b>Mango-Lassi</b> g<br/>N: 70.34 kcal F: 1.19 g GF: 0.84 g C: 11.28 g Z: 11.24 g P: 3.17 g S: 0.08 g B: 0.94 BE</p>                                                                                                                                  |
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Nährwertangaben pro 100g N: Brennwert F: Fett GF: davon gesättigte Fettsäuren C: Kohlenhydrate Z: davon Zucker P: Eiweiß S: Salz B: Proteinheit

Allergene Inhaltsstoffe

- a Gluten

c Eier

g Milch und Milcherzeugnisse

h1 Mandel

j Senf

z Zitrusfrucht
- a1 Weizen

d Fisch

g1 Milcheiweiß

i Sellerie

t Schalenfrucht

Zusatzstoffe

- 2 mit Konservierungsstoffen

Eigenschaften

- j Laktose

∇ Vegetarisch
- ∞ Vegan

Folgende Zutaten nutzen wir ausschließlich in Bio-Qualität:

Kartoffeln, Pasta, Reis, CousCous, Kuhmilch, Sahne, Joghurt, Quark, Apfelmus, Hühnerfrikassee, Spinat, Erbsen, Möhren, Champignons, Zucchini, Aubergine, Blumenkohl, Brokkoli, Paprika, Pudding

